



# **THIS** is a great way to catch the **FLU!**

**Wash your hands  
thoroughly and often  
with soap and water.**

**Cover your mouth  
and nose when you  
cough or sneeze.**

***Don't spread the flu!***



Maryland Department of Health  
and Mental Hygiene

Martin O'Malley, Governor

Anthony G. Brown, Lt. Governor

John M. Colmers, Secretary, DHMH

***[www.flu.maryland.gov](http://www.flu.maryland.gov) • 1-877-MDFLU4U***